



THINGS TO LOOK FORWARD TO WHEN YOU QUIT

When you decide to take action and kick the habit your body will become progressively healthier. While the results may be hard to track, your overall health will improve drastically as time goes on.

Within the first 20 minutes:

- Blood pressure and pulse drop to a normal rate.
- Body temperature of hands and feet increase to normal.

Within 10 hours:

- Carbon monoxide level in blood drops.
- Oxygen level is restored to normal.

Within 24 hours:

- Chance of heart attack decreases.

48 hours:

- Nerve endings resume growing.
- Senses (smell and taste) become enhanced.

2 weeks:

- Circulation improves.
- Lung function increases up to 30%.
- Energy increases.

6 months:

- Coughing and shortness of breath continue to decrease.
- Cilia (organisms that protect the lungs against germs) begin to grow back.

1 year:

- Risk of coronary heart disease is reduced to half that of a smoker.

5 years:

- Risk of cancer and stroke decrease by almost half.

DON'T FORGET TO STRETCH!